



ILLNESS, HEALTH AND INFECTION POLICY

EYFS: 3.45, 3.46, 3.47, 3.48

For the purpose of this document the term 'parents' will be used to describe all types of primary caregivers, such as biological and adoptive parents, foster carers and guardians.

This policy should be read in conjunction with our Administering Medication Policy.

At Little Learners, we promote the good health of all children attending, including oral health, by:

- Asking parents to keep children at home if they are unwell. If a child is unwell, it is in their best interest to be in a home environment rather than at nursery with their peers.
- Asking staff and other visitors not to attend the setting if they are unwell
- Helping children to keep healthy by providing balanced and nutritious snacks, meals and drinks
- Minimising infection through our rigorous cleaning and hand washing processes
- Ensuring children have regular access to the outdoors and having good ventilation inside
- Sharing information with parents about the importance of the vaccination programme for young children to help protect them and the wider society from communicable diseases
- Sharing information from the Department of Health that all children aged 6 months – 5 years should take a daily vitamin
- Having areas for rest and sleep, where required, and sharing information about the importance of sleep and how many hours young children should be having.

Our procedures

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the nursery day, we contact their parent(s) and ask them to collect their child as soon as possible. During this time we care for the child in a quiet, calm area with their key person (wearing PPE), wherever possible
- If a child has a raised temperature, they may be given liquid paracetamol in accordance with our Administering Medication Policy and their temperature will be regularly monitored until a parent arrives
- If a child sustains a bee sting or other allergic reaction, they may be given anti histamine in accordance with our Administering Medication policy
- We follow the guidance published by Public Health England (Health Protection in Schools and other childcare facilities) and advice from our local health protection unit on exclusion times for specific illnesses, e.g. sickness and diarrhoea, measles and chicken pox, to protect other children in the nursery¹
- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to nursery until they have been clear for at least 48 hours
- We inform all parents if there is a contagious infection identified in the nursery, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment

¹ <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

and resources that may have come into contact with a contagious child to reduce the spread of infection

- We notify Ofsted as soon as is reasonably practical, but in any event within 14 days of the incident of any food poisoning affecting two or more children cared for on the premises.
- We ask parents to keep children on antibiotics at home for the first 48 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions e.g. asthma and the child is not unwell) This is because it is important that children are not subjected to the rigours of the nursery day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the manager on duty and is non-negotiable
- We make information and posters about head lice readily available and all parents are requested to regularly check their children's hair. If a parent finds that their child has head lice, we would be grateful if they could inform the nursery so that other parents can be alerted to check their child's hair.

Transporting children to hospital

When a child needs immediate hospital assessment or treatment, the Manager or Deputy Manager will:

- Call 999 for an ambulance immediately if the illness is severe. (It is always preferable to do this rather than transporting an unwell child in a staff member's own vehicle or a taxi. In the event of an ambulance being unavailable, however, this course of action may be unavoidable and relevant car safety and insurance procedures will be followed as far as possible)
- Follow the instructions from the 999 call handler
- Whilst waiting for the ambulance contact the parent(s) and arrange to meet them at the hospital
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Arrange for the most appropriate member of staff to accompany the child, taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

This procedure will be reviewed at least annually in consultation with staff and parents and/or after a significant incident, e.g. serious illness/hospital visit required.

Infection control

At Little Learners we promote the good health of all children attending (including oral health) through maintaining high hygiene standards to help reduce the chances of infection being spread. We follow the Health Protection in Schools and Other Childcare Facilities guidance which sets out when and how long children need to be excluded from settings, when treatment/medication is required and where to get further advice from.

Viruses and infections can be easily passed from person to person by breathing in air containing the virus, which is produced when an infected person talks, coughs or sneezes. It can also spread through hand/face contact after touching a person or surface contaminated with viruses.

We follow the procedures below to prevent a virus or infection from spreading around the nursery.

Our staff:

- Encourage all children to use tissues when coughing and sneezing to catch germs
- Ensure all tissues are disposed of in a hygienic way and all children and staff wash their hands once the tissue is disposed of
- Develop children's understanding of the above and the need for good hygiene procedures in helping them to stay healthy
- Wear the appropriate Personal Protective Equipment (PPE) when dealing with bodily fluids. Staff are requested to dispose of these in the appropriate manner and wash hands immediately
- Wash hands thoroughly immediately after changing nappies or helping children to the toilet
- Clean and sterilise all potties and changing mats before and after each use
- Clean toilets at least daily and check them throughout the day
- Remind children to wash their hands before eating, after visiting the toilet, playing outside or being in contact with any animal and explain the reasons for this
- Clean all toys, equipment and resources on a regular basis by following a comprehensive cleaning rota and using antibacterial cleanser, or through washing in the washing machine
- Wash or clean all equipment used by babies and toddlers as and when needed, including when the children have placed it in their mouths
- Store dummies in individual hygienic dummy boxes labelled with the child's name to prevent cross-contamination with other children
- Immediately clean and sterilise (where necessary) any dummy or bottle that falls on the floor or is picked up by another child
- Provide labelled individual bedding for children that is not used by any other child and wash this at least once a week
- Ask parents and visitors to remove all outdoor footwear, or use shoe covers, when entering spaces where children may be crawling or sitting on the floor
- Where applicable wear specific indoor shoes or slippers whilst inside the setting and make sure that children wear them as well
- Stay at home if they are ill and/or are contagious.

In addition:

- The Manager retains the right to refuse entry to all children, parents, carers, staff and visitors who are deemed contagious and may impact on the welfare of the rest of the nursery
- Parents will be made aware of the need for these procedures in order for them to follow these guidelines whilst in the nursery
- In the event of an infection outbreak the nursery will, where appropriate, undertake a deep clean to ensure the spread of infection is contained
- We will follow Government health guidance, as well as seeking legal advice and information from our insurers, on any national outbreak of a virus/ pandemic and keep parents informed of any course of action. Each specific circumstance will differ and, to ensure we take the most appropriate action, we will treat each case on an individual basis
- Where contagious outbreaks occur, we will adopt Government guidance for all visitors to minimise the risk of further spreading of infection
- This policy will be shared with parents upon registering their child at Little Learners. In addition, information about any public health matters will be shared on the parent notice board as well as on our website
- The nursery will ensure stocks of tissues, hand washing equipment, cleaning materials and sterilising fluid are maintained at all times. These will be increased during the winter months, or when flu and cold germs are circulating.

- Staff are aware that patterns of illnesses could represent a safeguarding concern, and will seek advice if necessary

Notifiable diseases

Any serious or unusual illness will be reported to our local Health Protection Team, contact details as follows:

UKHSA Kent Health Protection Team (South East)
Level Two Civic Centre
Ashford
Kent
TN23 1PL

Telephone: 0344 225 3861
Email: ICC.KSS@ukhsa.gov.uk

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>19th April 2024</i>		<i>19th April 2025</i>